



ACCESS FOR SUCCESS

LINKS Workshop – 12th September 2018

Agenda

- Introductions
- What is Resilience
- The Resilience Doughnut
- Access for Success - The Process
- Our Findings
- Questions and Answers



Access for Success

Run by Leonard Cheshire, we focus on softer outcomes such as improving confidence, encouraging positive coping techniques, engaging in the local community and instilling independence to help **build resilience**.

By developing these skills, young people will have a platform to make positive changes whilst improving their health and well being. The project is co-designed and co-produced by the young people who are part of our Advisory Board.

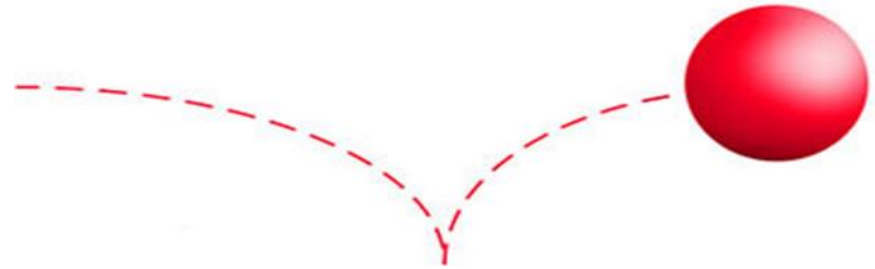


Access for Success

- Funded for 5 years
- Target of 200 young people
- Aimed at individuals and groups aged between 18-25 with a wide range of disabilities
- Omagh, Enniskillen, Derry/L'derry & wider areas



What does Resilience mean to you?



Resilience

- *“Resilience is the process of continual development of personal competence, while navigating & negotiating with available resources, in the face of adversity.”* - Resilience doughnut - Worsley, Lyn 2010.

Put simply, resilience is the ability to cope with and rise to the challenges, problems and set-backs you meet in the course of your life, and come back stronger or learn from them.



The Resilience Doughnut

The Resilience Doughnut is a practical, strengths-based model for developing resilience in children, young people and adults. It identifies and combines strengths needed to thrive in a modern world.

This is the assessment tool we use on Access for Success to measure resilience levels of our young people

The Doughnut is based on the premise
"If something is working, do more of it!"



Identify the Positive

Using the Resilience Doughnut we are able to identify what our members 3 strongest factors are and offer them workshops to help build and improve these. This is an online only assessment tool.

When using the Resilience Doughnut we look at 7 main factors:

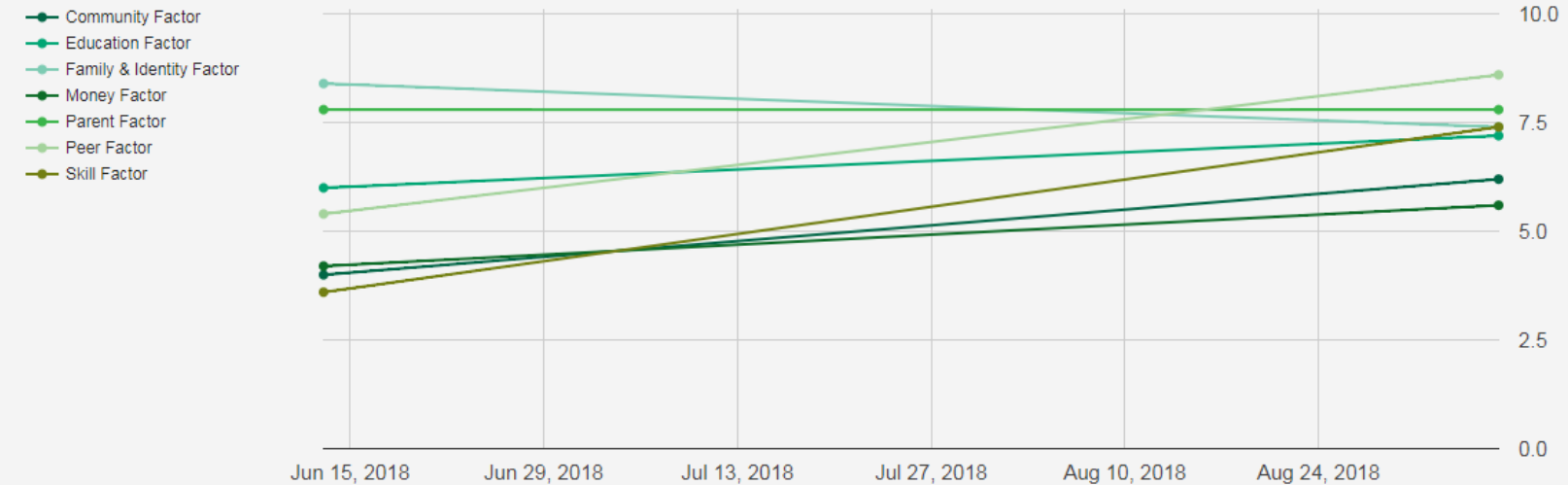
- Parent
- Skill
- Community
- Education
- Money/ Work
- Peer
- Family

The doughnut also measures the individuals adversities and competences which only the facilitators can see.



Resilience Profile. User ID: 17649

Resources



| Date | Community Factor | Education Factor | Family & Identity Factor | Money Factor | Parent Factor | Peer Factor | Skill Factor | | | |
|-------------------|------------------|------------------|--------------------------|--------------|---------------|-------------|--------------|--------|--------|--------|
| Thu 6th Sep 2018 | 6.2/10 | 7.2/10 | 3 | 7.4/10 | 5.6/10 | 2 | 7.8/10 | 1 | 8.6/10 | 7.4/10 |
| Wed 13th Jun 2018 | 4/10 | 3 | 6/10 | 1 | 8.4/10 | 4.2/10 | 2 | 7.8/10 | 5.4/10 | 3.6/10 |

- **Peer Factor: 3.2 increase**

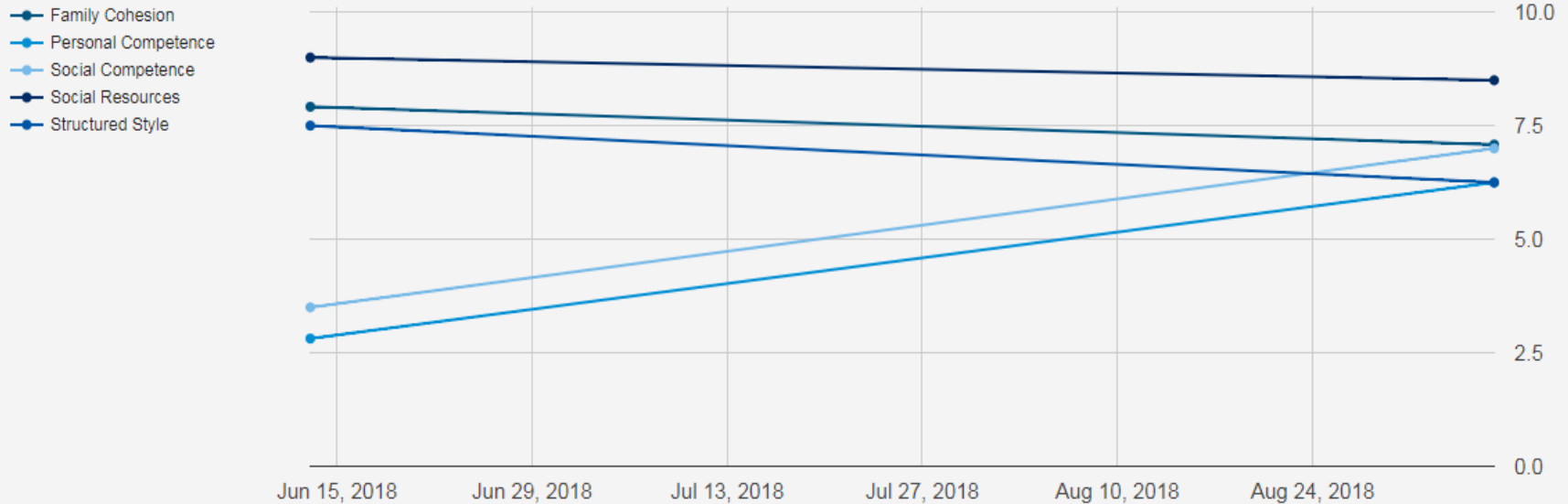
“I have realised the understanding of good friendships more.. I have a new group of friends now who are better for me.”

- **Skill Factor: 3.8 increase**

“I feel a lot more confident in what I am good at now.. Before I was not as open to try new things but now I feel like I can.”



Competence



| Date | Family Cohesion | Personal Competence | Social Competence | Social Resources | Structured Style |
|-------------------|-----------------|---------------------|-------------------|------------------|------------------|
| Thu 6th Sep 2018 | 7.1/10 | 6.3/10 | 7/10 | 8.5/10 | 6.3/10 |
| Wed 13th Jun 2018 | 7.9/10 | 2.8/10 | 3.5/10 | 9/10 | 7.5/10 |

Personal Competence:

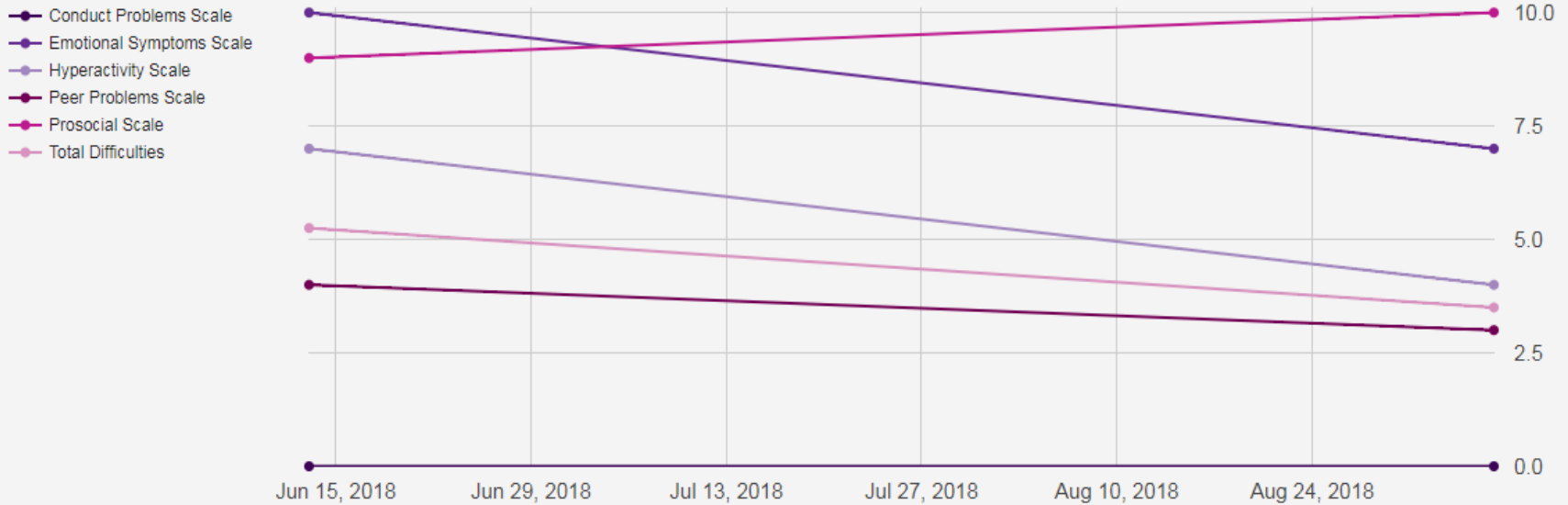
A high score shows you feel good about yourself, are able to make realistic plans and can stick to helpful routine in your daily life. You also approach challenges with hope and determination.

Social Competence:

This subscale samples the protective processes of extraversion, social adeptness, communication skills, cheerful mood, ability to initiate activities, and flexibility in social matters.



Adversities



| Date | Conduct Problems Scale | Emotional Symptom Scale | Hyperactivity Scale | Peer Problems Scale | Prosocial Scale | Total Difficulties |
|-------------------|------------------------|-------------------------|---------------------|---------------------|-----------------|--------------------|
| Thu 6th Sep 2018 | 0/10 | 7/10 | 4/10 | 3/10 | 10/10 | 3.5/10 |
| Wed 13th Jun 2018 | 0/10 | 10/10 | 7/10 | 4/10 | 9/10 | 5.3/10 |

Emotional Symptoms Scale:

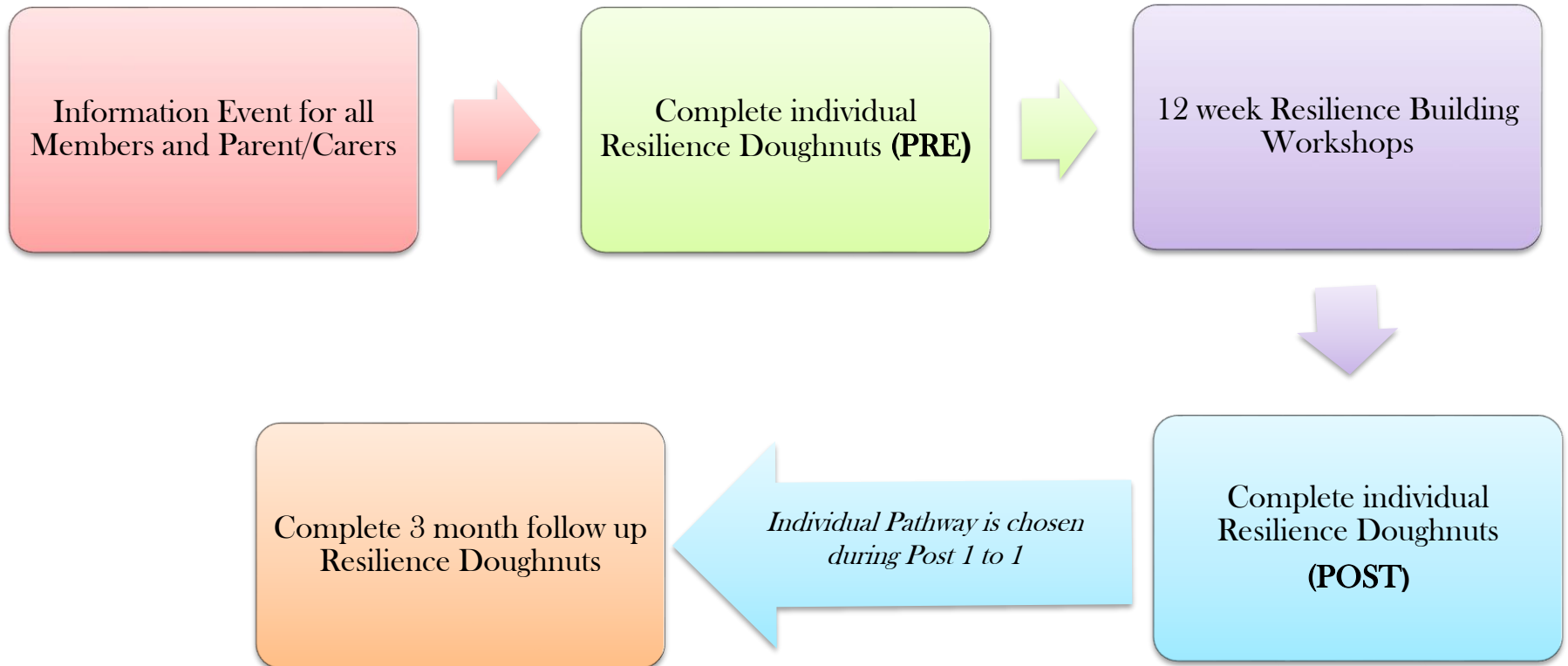
A high score indicates symptoms of anxiety and depression

Peer Problems Scale:

A high score indicates difficulty in making and keeping friends



Our Process



Resilience Building workshops

All workshops are based around improving positive mental health, building new relationships, encouraging them to develop new skills and helping them to access their community

Some workshops completed to date are:

- Online Safety/Cyberbullying
- How to eat healthy
- Food Values for Parents
- How to budget your money
- Laughter Yoga
- Sow & Grow
- Developing positive coping techniques
- Mood Matters - AWARE NI
- Provoking Thoughts - AMH
- Games & Movie Nights
- Activity Centres
- Be YourSELFIE - Sunshine Project
- Awards Nights





Individual support post workshops

Each member chooses their individual pathway post 12 week workshops based on what they enjoyed, what they want to improve on or what they feel they need support with that they did not get through the workshops.

1. Community Connections

This pathway is for those who want to avail of a social group, club or activities happening in their local community or need more 1 to 1 support from the Project Officer to reduce social isolation.

2. Volunteering

This pathway is for those who feel that they can benefit others by becoming a Peer Mentor or assisting the Project Officer with future workshops.

3. Influencing Agenda

An opportunity for our young people to input into the improvements of local services by joining our lobbying group. The aim is to encourage young people to have their say on the issues which are impacting the access of young people to local services.



www.accessforsuccessni.org



HOME

ABOUT

WORKSHOPS

REGISTER

MEMBERS

Background

Access For Success is a Big Lottery Funded Project run throughout the Western Trust Area (Omagh, Fermanagh & Derry/L'derry). The project is delivered by [Leonard Cheshire Disability](#) and aims to support individuals and groups with a range of disabilities aged 18-25 along with their parent/carer. Support from the Project Officers can be given to each individual over a 2 year period through; group workshops, 1 to 1 advice, accessing the community, volunteering and setting up lobbying groups.

The project will focus on softer outcomes such as improving confidence, encouraging positive coping techniques, engaging in the local community and instilling independence to help **build resilience**. By developing these skills, young people will have a platform to make positive changes whilst improving their health and well being. The project is co-designed and co-produced by the young people who are part of our Advisory Board.



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Social Media



Facebook



Twitter

- access for success**
RT @LCinNIreland: This story really inspires our services @AccessSuccessNI @MovingonNI to continue support young people in education... <https://t.co/3KLQ3SxEsQ>
2 weeks ago
- access for success**
RT @contactfamilies: Watch #BBCPanorama on Monday 16 July on BBC1 at 8.30pm for an insight into the lives of disabled children and their... <https://t.co/dA7XDpp8tp>
2 months ago
- access for success**
Things To Do This Summer <https://t.co/wcMDcZQD1z>
2 months ago

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Think You Know About... Healthy Eating

Thursday, October 19, 2017
5:30 PM – 6:30 PM

Omagh Enterprise Centre
Gortrush Industrial Estate, Omagh, Northern Ireland,
BT78 5EJ, United Kingdom (map)

Google Calendar · ICS



This workshop is a chance to learn more about how to stay healthy through positive eating habits, meal planning and portion control. We will look at how to read food labels correctly, the amount of sugar in your favourite sweets and drinks, what a portion size is for your age group and the best ways to meal plan.

You will also create an individual food plan for yourself with the help of the facilitator for the week ahead to encourage a healthy diet which in turn will create a healthy mind.

Healthy refreshments will be provided during the workshop

BECOME A MEMBER

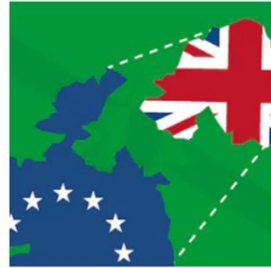
BOOK ON EXISTING MEMBER





Things To Do This Summer 2018

Jul 6, 2018



Let's Talk About BREXIT

Mar 23, 2018



Humans of Success - Fight for Life

Mar 6, 2018



The Road to EYE 2018 - Follow us every step of the way

Feb 21, 2018



Humans of Success - Losing Someone Special

Feb 8, 2018



Beat those Monday Blues

Jan 15, 2018



Humans of Success - Living with a Disability

Jan 9, 2018



Top tips for Feeling Good this Christmas

Dec 12, 2017



MentalSnapp App

Nov 16, 2017



Stay Safe this Halloween

Oct 30, 2017

Within 24 hour period viewed by over 570 individual people

Currently over 1K Views alone!



Questions